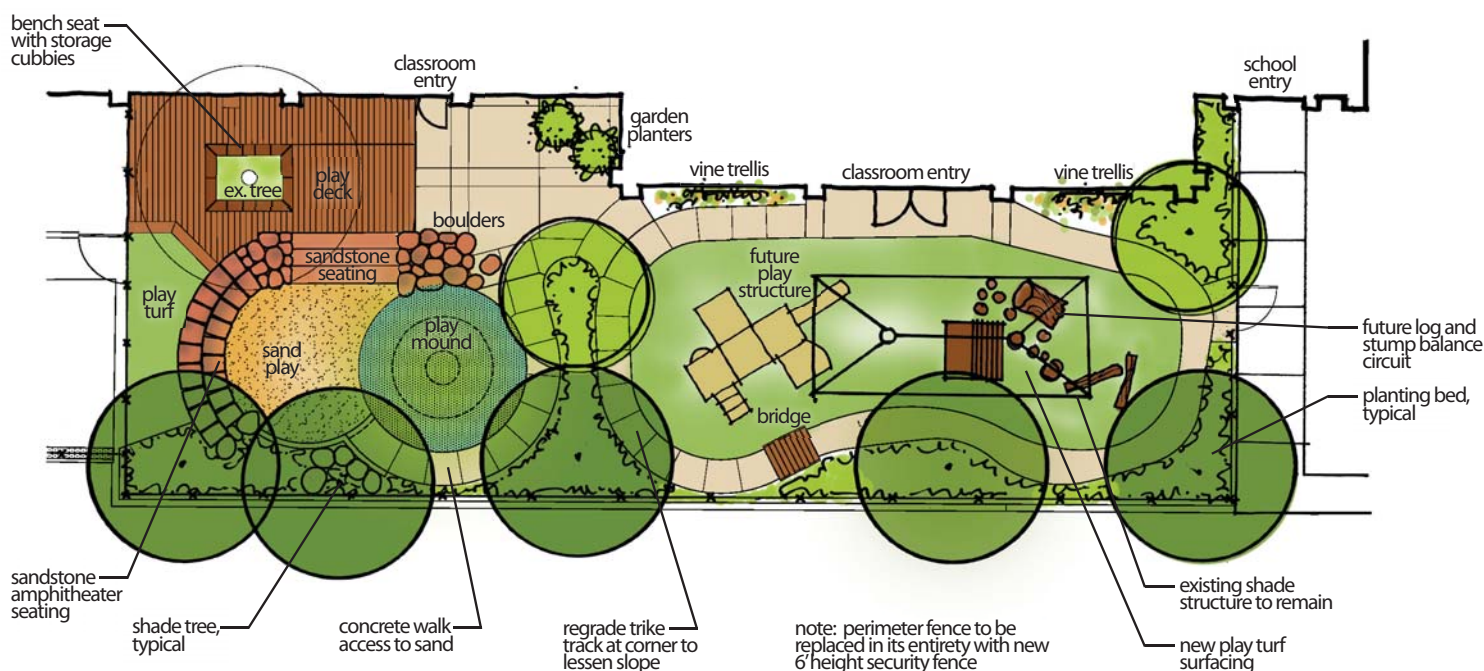


New playground construction underway!



Toddler Play Area - Phase 1 AUGUSTANA EARLY LEARNING CENTER

You may have noticed that Augustana Early Learning Center's playground improvement project has broken ground. Two years ago, after a state licensing board visit, AELC was told that it needed to improve its playground surface for safety. As a result, we chose to do a comprehensive review to determine how best to safeguard the children. This includes expanding the playground by bumping out the current area where the buses are parked to allow an uninterrupted view of the entire playground by teachers; improving the drainage to remove wet, potentially icy areas; putting down new surface under play equipment; installing new, higher fencing so people cannot reach over it or easily climb it;

and, improving the gating for emergency exiting from the building.

During construction, parking in the upper section of Augustana's south lots will be closed during the week; it will be open for Sunday morning services — but with restrictions. Construction is expected to last 6–8 weeks. We ask for your patience during this time.

The playground, though used mostly by the pre-school children, may also be used by Sunday school, nursery, and Bible school students, so this project will benefit both the church and the Early Learning Center.

continued, page 3

The Tower is published monthly for Augustana Lutheran Church, 5000 E. Alameda Ave., Denver CO, 80246-8104. There is no subscription fee.

Thursday, February 9, 4:30 p.m. is the deadline for the March edition. E-mail **Lyn Goodrum** (goodrum@augustanadenver.org).

Sunday Schedule

- 8 a.m. and 10:30 a.m. Worship
- 9:15 a.m. Sunday School (September–May)

Chapel Prayer

- Monday, 10 a.m., Christ Chapel

Mission Statement

Guided by the Holy Spirit, we gather in Christian community, reach out and invite, offer hope and healing in Jesus Christ, and walk humbly with God.

Congregation Council

President: David Aarestad
Vice President: Paul Edstrom
Secretary: Emmett Cruson
Treasurer: Ted Kouba
Paul Blanchard | Elsa Buhr (alt)
Katrina Crook | Krista Degerness
Michael Graham | Pr. Ann Hultquist
Kirsten Jensen | Greg Johnson
AJ Levy | Noah McCartney
Sharon Schillereff | Linda Tinderholt
Pr. Caitlin Trussell | Pam Uyemura
Jeff Ziebarth

Staff

Ann Hultquist, Senior Pastor
Caitlin Trussell, Pastor
Lisa Mikolajczak,
Finance Administrator
Sheryl Stenseth,
Faith Community Nurse
Shanna VanderWel, Director of Youth
and Family Ministry
Erin Brown, Children's Ministry
Coordinator
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Publications Administrator
Julie MacDougall, Volunteer Ministry
and Building Use
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Minister of Music and Organist
LeEtta Choi, Silver Notes Director
Dick Larson, Choral Director
Angela Howard, Choristers and
Y Hope Director
Asmir Hodzic, Building and Grounds
Manager
Andrija Malbasa, Dawit Haile,
Custodians
Kim Kouba, Cindy Maxwell,
Wedding Coordinators
Christie Baroody, Director, Augustana
Early Learning Center



Recently lifted up in prayer . . .

For hope and healing:

- E.J. Amrhein,
Frances Coffey, Doug
Hennagir, Stefan Hibl,
Marlys Johnson, Dick
Larson, Sue Messner,
Lisa Mikolajczak, Ruth
Thornton, Monica
Lopez, Nelouise Stapp,
Marilyn Stember, Dave
Streed, Ken Sukraw,
Berniece Sundet, Carol
Tamminga, Alice
Zwanzig

For comfort and courage:

- Ruth Hauck in the
death of her husband,
Rogers Hauck
- Mira Hodzic in the
death of her father,
Dusan Cuvrk
- Family and friends of
Audrey Hillman in her
death
- Karen Monson in the
death of her cousin,
Molly Howell
- Howard E. Jacobsen in
the death of his father,
Howard Jacobsen
- Larry Jordahl in the
death of this brother,
Don Jordahl
- Jamie Kastens in the
death of his father,
Robert Kastens
- Pastor Caitlin in the
death of her friend,
Eric Max
- Joyce Boe in the death
of her husband, Larry
Pavlinski
- Pastor Caitlin in the
death of her neighbor,
Jim Steidley
- Yuliya Stolyar in the
death of her father,
David Stolyar

Rejoice with . . .

- Bauer Ray Brekke,
son of Jay and Erin
and great-grandson of
Arvid Brekke, in his
baptism
- Evenhaezer Hamogasa
Hutagalung, son of
Nauliate and Natalia
Hutagalung, in his
baptism
- Parents Adam and
Lynette Lueders and
grandmother Sandy
Kistler in the birth
of Marshall Thomas
Lueders, November 30

Thank you for the gifts!

Augustana Memorial Garden

- In memory of Michael
and Ruth Arden

In memory of Tri-R Christmas Eve Radio Broadcast

- In memory of Ruth
Swanson Arden given
by son Wayne and
daughter Ellie

Music Ministry

- In memory of Lois
Olson

Poinsettias

- In memory of Ruth
Swanson Arden given
by son Wayne and
daughter Ellie
- In memory of loved
ones given by Ann and
Merlin Nimrod

- In memory of Chuck
Hopkins given by Joni
Hopkins

Special Gifts

- In memory of Frank
and Curt Gerber

New playground construction underway!

continued from cover

Replacing the fencing will also improve the appearance of the area while increasing child and building security. The projected cost is \$173,000 and is supported by multiple funding sources, although fundraising to reduce the loan amount continues. Your use of King Soopers gift cards, designation of Thrivent Choice dollars, or direct donations through the church are welcome. If you have any questions, you may direct them to AELC board members. The current officers are **Brandon Stratton** (303-803-7007), **Don Troike** and **Julia Stone**.

Download this newsletter in full color at www.augustanadenver.org.

“Thanks, Augustana!”

My deepest thanks to Pastor Ann, Pastor Caitlin, and Sheryl Stenseth for visiting and praying with me during my extended illness. I also thank everybody who came to see me and brought goodies or sent cards. To know that I am part of the Augustana community was never so important to me than through the many dark hours in the hospital and in rehab.

Gabriele Korndorfer

Thank you, everyone, for your thoughts, prayers and hugs during my mother's recent illness. She is recovering at home and feeling much better.

Julie MacDougall

I would like to express my heartfelt thanks to the staff, and congregation for their thoughts and prayers since I have been placed on the heart transplant list. It means a lot to me that everyone has included me in their prayers. Please know that all of you are in mine as well. Blessings to all.

Allan Schneider

Congregation Council



Notice of Congregational Meeting, February 26

Augustana will hold a congregational meeting, Sunday, February 26, 11:45 a.m., in Fellowship Hall to receive year-end reports and recognize lay leaders who completed their elected terms. Prior to the meeting, a light lunch will be served. A free will offering will be taken to offset the cost.

2016 Annual Reports

Financial reports are due to Finance Administrator **Lisa Mikolajczak** (lisa@augustanadenver.org) by Tuesday, January 31.

Ministry reports are due Sunday, February 12 to Publications Administrator **Lyn Goodrum** (goodrum@augustanadenver.org).

Contact Lisa and Lyn for forms and information.

Completed reports will be available to the congregation on Sunday, February 19.

Just so you know...

Augustana is a busy place! The building is used every day for community groups, classes, concerts and committee meetings. In 2016, our facilities were used 17,981 hours by 144 different groups. This would not be possible without Seki and the custodial staff who are here to prepare the space and welcome everyone.



Ash Wednesday, March 1

Join us for worship on Ash Wednesday, March 1, 11 a.m. in Christ Chapel and 7 p.m. in Augustana's sanctuary, including Holy Communion and Imposition of Ashes. Child care will be available at 7 p.m.

All ages welcome!

Stay for lunch after 11 a.m. Ash Wednesday worship!

Ash Wednesday, March 1, noon, Fellowship Hall

Everyone is welcome at our March monthly luncheon following 11 a.m. Ash Wednesday worship. **Judy Nyquist** and her crew will serve a delicious meal, but she does need to know how many people plan to attend the luncheon. Make your reservation with Augustana's office (303-388-4678) by Monday, February 27. The cost is \$8 per person. We welcome visitors, and we encourage you to invite your friends to worship and the luncheon.

Pancake Supper to benefit Metro Caring

Come to the pancake supper, Ash Wednesday, March 1, 5:30–7 p.m., in Fellowship Hall, featuring hot pancakes, syrup, sizzling sausage, and orange juice, coffee or tea. Cost is \$5 per adult; \$3 per child; or \$20 per family, payable at the door. Net proceeds will go to Metro Caring, a Denver agency which assists needy families with food and counseling. Augustana's group of Thrivent Financial will serve the supper, featuring renowned pancake flipper **Greg Bickle**! A Thrivent Action Team request will provide \$250. Reservations are recommended; sign on the enclosed form and return to Augustana's office, or call 303-388-4678.

Yes, I/we will attend the Ash Wednesday Pancake Supper!

Name _____

Phone or e-mail _____

Number of adults @ \$5 _____

Number of children @ \$3 _____

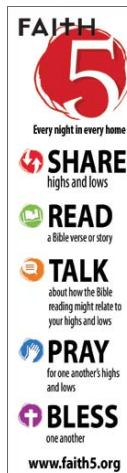
OR

Number in family @ \$20 per family _____



Worship during Lent

On Lent Thursdays, Augustana will offer worship using Holden Evening Prayer! Watch Augustana's publications for details.

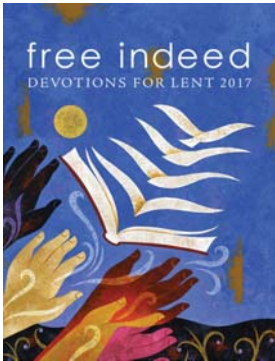


Faith 5 during Lent

All are welcome this Lent to join in on intergenerational Faith 5 nights happening Thursdays 5:30–6:30 p.m. in the Anna Paulson Room before Holden Evening Prayer. Children, Youth, and Family Ministry will provide a light supper of soup and bread, and we will spend our time together learning about simple and practical ways in which we can talk about faith at home. Mark your calendars for Thursdays, March 9, 16, 23, 30 and April 6, and watch Augustana's publications for additional information.

Congregational Learning

For Lent devotions and Adult Forum on Sundays



Devotion books for Lent are available. Pick up a copy in Augustana's office to begin daily devotions on Ash Wednesday, March 1. Sunday morning Adult Forum between worship services will be based on this book; however, it is not required for class. You may also order an electronic copy

for \$2 on the Augsburg Fortress website.

"This beautiful, full-color devotional takes you through Lent with daily readings from Martin Luther's Small Catechism. Each reading is accompanied by a photo, a quote to ponder, reflection, and prayer. *Free Indeed* invites you to reflect on Martin Luther's guide to the basics of Christian faith during the Lenten season, and within the observance of the 500th anniversary of the Reformation. Available in pocket, large print, and eBook editions."

Adult Forum

Sundays, 9:15 a.m., Anna Paulson Room

- **February 5: Krista Kilgus**, Executive Director, Urban Servant Corps, will lead a conversation about this Denver ministry affiliated with the Evangelical Lutheran Church in America (ELCA). Their volunteers subscribe to the tenets of intentional community, service, spirituality, and inclusion, as they live together and serve for one year at inner-city Denver nonprofits.
- **February 12 and 19: "Luther and the Reformation"** is the title of a new video provided to congregations to help us celebrate the 500th anniversary of the Reformation. Rick Steves hosts this exploration of Luther's impact in Europe during his time and his influence in the world even to the present. Join Pastor Ann for this two-week series.

- **February 26: Peter Severson**, Lutheran Advocacy, Office of the Bishop, will lead a conversation about his role, advocacy in Colorado and across the ELCA, and bills related to human dignity moving in Colorado's upcoming legislative session.

Families Inspired Together (FIT)

Sundays, 9:15–10:10 a.m., Room 3

- February 5: **Debbie Carter**, "Helping Youth with School Transitions"
- February 12: **Pastor Caitlin**, "Getting to Know Pastor Caitlin"
- February 19: **Julia Stone**, "Love Languages"

Dial-a-Care

Many thanks to **Brad Uyemura** for his thoughtful Wednesday Dial-a-Care reflections these last three years! Brad has chosen to retire from this ministry at the end of January.

Be a Dial-a-Care recorder!

If you're looking for a means to share your faith, Augustana's Dial-a-Care could be just the venue. Commit to recording a three-minute devotion once a week, once a month, twice a month — however often you feel the Holy Spirit will enable you — on a set day of your choosing. Devotions could include prayer and scripture; thoughts about God, faith, or theology; inspirational poetry; stories about what God has been up to in your life, in communities of faith, and in other saints' lives; reactions to sermons, books or articles about faith and Christianity or about what is happening in God's world; or other Christian or faith topics. If you like to write and share about these and other topics, contact **Lyn Goodrum** (303-388-4678 ext. 114 or goodrum@augustanadenver.org). Ordination and extensive theological training are not prerequisites for this ministry — only the desire to share about faith.

Call 303-996-2733 to listen to a three-minute devotion recorded by Augustana members and staff.

Pastors

“Even though February is the shortest month of the year, sometimes it seems like the longest.”



When I was attending seminary on the south side of Chicago, this saying felt terribly true. The skies were grey day after day; the snow hung around and just got dirtier; sidewalks were icy; and the cold wind from the lake helped to form little ice crystals on your eyelashes. For

someone used to the blue skies and fast-melting snow of Colorado, it was downright depressing! I was grateful to escape it one year by going on a group study trip to India, coming back to the city just when spring was finally arriving. (Although traveling 8,000 miles to get away is a bit extreme!)

Sometimes we all experience seasons of life that are like a long February: losing a job; difficulties in relationships; being ill or caring for someone else who is ill; struggling with addiction; and depression, to name a few. At those times we can feel as if we are surrounded by grey, with all the color drained out of life. It can be difficult to feel hope or joy. Sometimes we'd like to run far away but can't.

In those moments and places it's helpful to remember that the promises of Christmas extend into the rest of the year and the whole of our lives. Emmanuel, “God With Us,” is truly with us every moment and in every place. Jesus entered into all of our human life and has promised to accompany us through everything we experience, including difficulty, doubt, and suffering. Even more, Jesus promises the love that he brings will surround and transform us.

I experience Jesus' presence most clearly as we worship together. The Word proclaimed in scripture, sermon and music, the sacraments, and the gathered community help

me to recall God's promises, especially in the midst of life's “February” times. I hope that is true for you as well, and remember that your pastors and staff members are always available for conversation and care.

In Christ,

Pastor Ann

February 2 marks my fourth year of ordination

and call to Augustana.

February 2 is a church festival called Presentation of our Lord (Luke 2:22–40). Mary and Joseph bring their new baby to the temple. The elder Simeon scoops up the baby Jesus, celebrating the promise of God, while Anna the prophet preaches redemption to all who

would listen. This story resonates for me in so many ways — the faithful elders proclaiming good news, the new parents trying to figure out what it means, and the child who IS hope.

The constant faith of the people of Augustana through the retirements of pastors and staff in the last four years is an inspiration. Sure, there have been bubbles of anxiety and impatience. Regardless, the clarity of faith in the promises of God means that the congregation has held steady through the changes, including a warm welcome to Pastor Ann ten months ago and thriving with her leadership.

As my work with the congregation has stabilized since her arrival, there is time to focus on how best for me to work on behalf of the congregation and community. The more recent emphasis of “Evangelism, Messaging, and Media” in my work is still taking shape. It's been wonderful to consider and communicate how we talk about and live out who we are as a congregation both as a group of faithful people in the community and in our individual lives as Jesus followers. My own life as a Jesus follower is no exception.



Over the last two and a half years, I've been involved with Together Colorado, a multi-faith, multi-race, non-partisan group of faith leaders working to put human dignity in the center of public life. Most recently, this developed into working with elected leaders and public officials to strengthen the relationship between law enforcement and the community they serve.

My hope in the coming year is that each of us as Jesus followers figures out how we're built to lead invitational lives. Lives that reflect and speak to the good news of Jesus, whose self-sacrificing love on the cross draws us to faith and new life for our own sake and for the sake of the world.

Peace,

Pastor Caitlin Trussell



Senior Ministry February Monthly Luncheon

Thursday, February 16, 11:30 a.m., Fellowship Hall

Celebrate Valentine's Day (a couple days later!) with a delicious lunch served by **Judy Nyquist** and her crew, and a delightful program of valentines and romantic music and dancing! Children from the Augustana Early Learning Center are looking forward to singing for us and passing out their homemade valentines. After lunch, **T & T** (Talent and Tunes) will be back to sing some of the old romantic songs, and a couple will gracefully dance for us.

T & T's program last season was delightful, and we invite you to enjoy them again.

Make your reservation with Augustana's office (303-388-4678) no later than Monday, February 13. The cost is \$8 per person. Visitors are always welcome! Invite your friends!

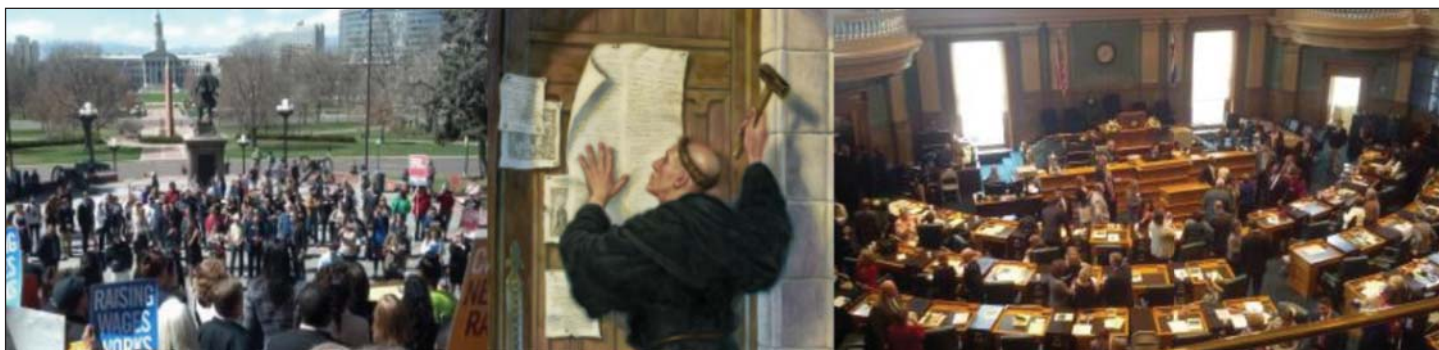
March Monthly Luncheon comes early!

Ash Wednesday, March 1, noon, Fellowship Hall

Everyone is welcome at our March monthly luncheon following 11 a.m. Ash Wednesday worship. **Judy Nyquist** and her crew will serve a delicious meal, but she does need to know how many people plan to attend the luncheon. Make your reservation with Augustana's office (303-388-4678) no later than Monday, February 27. The cost is \$8 per person. We welcome visitors, and we encourage you to invite your friends to worship and the luncheon.



Local and Global Involvement



Colorado Faith Advocacy Day 2017

Luther at 500: Reclaiming Protest for Today's Public Church

REGISTER NOW!

Join advocates and people of faith from across Colorado for this annual event, focusing on the future of the church's public witness and reclaiming Martin Luther's legacy of activism and protest on the cusp of the Reformation's 500th anniversary.

Our keynote speaker is the **Rev. Amy Reumann**, Director of Advocacy in the ELCA Washington, D.C. office.

When: Saturday, February 11, 8:30 a.m.–2 p.m.
Registration opens 8 a.m.

Where: Bethany Lutheran Church (4500 E. Hampden Ave, Denver)

Cost: \$25 regular, \$10 student/low-income

Breakfast, lunch, and all materials included! Register at rmselca.org/Colorado-Faith-Advocacy-Day-2017.

Second Sundays Sack Lunch for Local Action

Sunday, February 12, 12:15–1:30 p.m., Anna Paulson Room, **Pastor Caitlin Trussell**, facilitator. Bring your lunch.

In January I hosted the first of five lunches that we're piloting as a way for people to focus locally on issues of human dignity in public life — hunger, incarceration, health care, immigration, literacy, and more. The point of



this group is to offer ways to be involved as well as to be a safe place for conversation regardless of how you vote. Seven people joined me for lunch on January 8. We talked about showing up out in the community to support vulnerable people. Each of us is built with different interests and

passions, so we can simply pick an event and show up. The February lunch will include talking about what event people attended and how that went for them.

As showing up applies to me, I helped plan and then attended a large public meeting on January 17 at Shorter AME Church, a historic black church in Denver since 1868. The meeting included people from the community, law enforcement, and elected leaders, with the goal of strengthening relationship between law enforcement and the community they serve. Like the other people at lunch, I'm looking for a way to follow Jesus visibly in the world for the sake of my neighbor.

I facilitate the monthly conversations, so please contact me for additional information at pastor.caitlin.trussell@gmail.com.

Peace, **Pastor Caitlin**

Christmas Eve worship at women's prison



New Beginnings Worshipping Community is a community of women incarcerated at the Denver Women's Correctional Facility. They worship together on Friday evenings, and visitors are welcome to come and worship with them. On December 23, **Kari Kusek, Kelly McCartney, Holly Massie, and Sally Petterson** went to attend the Christmas (Eve) Eve service with the women. Afterward, we joined four other women who were visiting from Faith Lutheran in Boulder to serve cookies and punch.

Services are typically held in the visiting area, and can run from 40–80 women.

Christmas Eve, just as at most churches, had a much larger attendance — nearly 300! — and was held in the gym. The service is based on the Lutheran liturgy, so it has a very familiar feel to it, but there are definitely pieces that reflect the unique community that is worshipping. We sang familiar Christmas hymns including some in Spanish, due to the large Spanish-speaking population that participates in services (especially now, with the Nueva Vida Spanish-language ministry that is an important part of New Beginnings)! Kelly took 122 cards of greeting and support from the Augustana congregation, but since there were many more women than cards that week, Pastor Terry saved them to distribute at another time. She was grateful to receive them on behalf of the women.

It is new and renewing to experience God's Word and work within the walls of a prison. Hearing God's words of grace and forgiveness in this context brings new meaning to these terms that I think we can take for granted. Socializing with, laughing with, and being served communion by the inmates makes clear that we are all One in the Spirit.

Please join us at worship at New Beginnings sometime this year. Any of us would be happy to attend with you! Scheduling a visit is easy; they just need a couple of weeks lead time to process background checks. Worshipping with this community is always very enjoyable. We left Christmas Eve service with cheeks tired from smiling, uplifted hearts and spirits, and renewed joy in a stressful season.

Holly Massie

hollymassie@yahoo.com



Global Mission Committee Thank-You

Augustana's Global Mission Committee is sponsoring coffee and snacks in Fellowship Hall, during Coffee Hour, Sunday, February 12, in celebration of Augustana's generous response toward reducing World Hunger in 2016. Our Advent donations to the ELCA World Hunger Good Gifts

program equaled about 15 farms or \$10,725! To celebrate, we are planning to serve snacks that include "farm" foods (and, yes, Valentine cookies also). Come celebrate in Fellowship Hall, 9–10:15 a.m., Sunday, February 12!



Home Communion on February 19

On February 19, communion Kits will be blessed at both worship services before volunteers share communion and liturgy with our home-centered members. Thank you to the people who are part of this vital ministry to those who cannot be at worship. People of all ages help, and families take communion out together. Contact Augustana's office (303-388-4678 and info@augustanadenver.org) if you are not currently receiving home communion and need to do so. Also contact Augustana's office if you would like to take a try at serving home communion.



Concordia College Choir Concert

Sunday, February 26, 7:30 p.m. at Augustana

Once again, Augustana is pleased to host the Concordia College Choir from Moorhead, Minnesota in concert.

Their recording “Life and Breath: Choral Works by René Clausen” received the GRAMMY for Best Choral Performance recently. Now, director Rene Clausen will bring The Concordia Choir to perform in Denver. Tickets are available online at ConcordiaTickets.com, by calling (800) 838-3006 or at the door.

The concert is part of the choir’s 15-day, 2017 tour of the Southwestern United States.

Conductor Rene Clausen, celebrating his 31st year at Concordia, has programmed a varied set including a section titled, “How Can I Keep From Singing,” which includes works by Pete Seeger, Norman Luboff

and Shawn Kirchener. Other composers include Hugo Distler, Heinrich Schutz, Krystof Penderecki, Alexandre Gretchaninoff, J.S. Bach and René Clausen. The final set includes a number of hymns, folk songs and spirituals.

Touring nationally and internationally since 1918, the choir has performed in nearly every major hall in the United States and continues to affirm its reputation as one of the nation’s finest a cappella choirs. Paul J. Christiansen, son of F. Melius Christiansen was the conductor of The Concordia Choir for 49 years.

Concordia College is a four-year liberal arts college of the Evangelical Lutheran Church in America offering more than 60 majors, including 18 honors majors and 12 pre-professional programs.

Music Ministry

Augustana Ringers participate in the Southern Colorado Handbell Festival

After a many-year hiatus, on Saturday, February 18, Augustana Ringers will once again participate in the Southern Colorado Handbell Festival, an annual event in Colorado Springs in its 33rd year featuring over 300 ringers. This all-day event begins by loading tables, pads, handbells, handchimes, music, stands, etc. into members' cars and vans and unloading at the City Auditorium in Colorado Springs. Under the direction of a nationally recognized clinician, our ringers will be exposed to new techniques and a fun time overall. The day culminates in a mass ringing concert at 7:30 p.m. It is a non-ticketed event and all are welcome to attend.

Come to the handbell performance, Saturday, February 18, 7:30 p.m. at City Auditorium (221 E. Kiowa St., Colorado Springs, 80903).



Choristers and Y Hope to take part in Choristers Guild Festival

Augustana's young singers in Choristers and Y Hope are practicing diligently on music to join other singers from across the Front Range in the nationally recognized Choristers Guild Festival, Saturday, February 25, 9 a.m.–3 p.m., at First Congregational Church in Greeley, Colorado. The festival will bring together kids from church choirs into two large ensembles. During the morning and part of the afternoon, the kids will rehearse under the direction of Judith Harrington, a nationally recognized choral clinician. At 2 p.m., the choirs will sing in a type of worship service/concert. This is a non-ticketed event and the public is invited to attend.

Hear the mass choirs on Saturday, February 25, 2 p.m. at First Congregational Church (2101 16th St., Greeley, 80631).

AUGUSTANA *Arts*

Stratus Chamber Orchestra Katie Mahan, Piano

- Friday, February 3, 7:30 p.m., The McNichols Building
- Saturday, February 4, 7:30 p.m., at Augustana
EPISODE II: Our story continues as a replacement for the missing player arrives. Suspicion floats through the ensemble. Is there more trouble afoot in the orchestra?

Program music includes Finzi's "Romance Op. 11," Foulds's "April-England," Moross's "Biguine," and Mozart's Piano Concerto No. 20.

Purchase tickets (\$25/adult, \$10/child) online at www.augustanaarts.org, by phone at 303-388-4962, or at the door the night of the event.



Organ Celebration Concert

Sunday, February 12, 7:30 p.m. at Augustana

In celebration of the renovation of the Reuter Organ Console, Augustana's organist, **Cindy Lindeen-Martin** will be joined by **Stratus Chamber Orchestra** and the **Chancel Choir** to show off the many ways the organ plays well with various ensembles. Featured on the program is the epic Saint-Saen's "Organ Symphony," Handel's elegant Organ Concerto, Op. 4, No. 1 (for a small chamber orchestra), and René Clausen's glorious "Psalm 150" for choir and orchestra. As part of the Augustana Arts concert series, this is a ticketed event. Augustana members may receive a 50 percent discount. Please visit augustanaarts.org and enter the code ALC50.

Health Ministry

Women and Heart Disease

National “Wear Red” Day is celebrated on Friday, February 3, 2017 — a day when Americans nationwide demonstrate support of women’s heart disease awareness by wearing red. The red dress, the national symbol for women’s heart health and heart disease prevention, was created in 2002 by The Heart Truth (sponsored by the National Heart, Lung and Blood Institute) as an urgent wakeup call about heart disease in our moms, aunts, sisters, wives, daughters and friends.

When you hear the term “heart disease,” you may think, “That’s a man’s disease,” but — here’s the truth — one in four women in the United States dies of heart disease, while one in 30 dies of breast cancer; 23 percent of women die within one year following a heart attack; and within six years of a heart attack, 46 percent of women are disabled with heart failure.

Ten Commandments for A Healthy ♥

1. Know your risk factors for heart disease.
2. Talk to your health care provider about your risk of heart disease.
3. Have your blood pressure checked regularly.
4. Know your cholesterol numbers. (These numbers include total cholesterol, HDL or “good” cholesterol, LDL or “bad” cholesterol, and triglycerides.)
5. Have your blood sugar level checked for diabetes.
6. Do not smoke cigarettes or use other tobacco products.
7. Eat for your heart health.
8. Get regular physical activity. (At least 30 minutes of moderate physical activity on most days of the week.)
9. Aim for a healthy weight.
10. Know the signs and symptoms of a heart attack and the importance of seeking medical assistance immediately.



Coronary artery disease is the main form of heart disease and involves disorders of the blood vessels of the heart that can lead to a heart attack — an artery becomes blocked, preventing blood flow carrying oxygen and nutrients to the heart muscle. Other forms of heart disease include congestive heart failure or diseases of the heart valve.

While procedures such as bypass surgery and angioplasty can help blood flow to the heart more easily, they are not “cures” for heart disease — once you get it, you’ll always have it. Many women die of complications from heart disease, or become permanently disabled by it. That’s why it is vital to learn all you can to help the women in your life prevent and control this disease!

For more information, visit www.americanheart.org.

Options for Care

Sunday, February 19, 11:30 a.m. or

Tuesday, February 21, 6 p.m., Anna Paulson Room

Do you have questions about senior care? **Kari Degerness**, a licensed nursing home administrator, invites you to join her for an informational session to prepare yourself, family or friends for senior care. Most individuals over 65 years old will require some form of care in their lifetime, whether it be in their home or in a community. Kari has served both as the Care Center Administrator at Eben Ezer Lutheran Care Center and as Executive Director at Balfour Senior Care. Come join her for a light meal and discussion around the topics of care options, paying for care, and how best to be prepared. Reserve your place with Augustana’s office (303-388-4678).

Tender Loving Care meets Sunday, February 19, 11:30 a.m., Anna Paulson Room. Augustana’s **Nancy Montagnoli Johnson** will discuss “Women and Heart Disease.”

Fellowship



Theatre & Theology

Theater and Theology brings members of Rocky

Mountain Synod congregations in and near Denver to productions of the Denver Center for the Performing Arts. After viewing a play, we do a talk-back discussion with cast members on theological issues raised in the play. The plays and these discussions can challenge and stimulate our faith, and, therefore, the mission of the Church, in a unique way. For more information, contact **Rosalee Wanchisen** (303-759-9836 or rwanchisen@gmail.com).

Two Degrees

Tuesday, March 7, 6:30 p.m., The Jones, Tickets: \$35

Registration with check payable to Rocky Mountain Synod and footnoted "T&T Augustana: Two Degrees" must reach Augustana's office by Tuesday, February 14.

The smallest changes can lead to the biggest impact, and no one knows that better than Emma, a scientist studying climate change in Greenland. Still grappling with the unexpected death of her husband, she is invited to the nation's capital to share her findings at a Senate hearing that could define her career and her cause. But if she can't overcome her tumultuous inner struggle, her dedication and sacrifices may not be enough to make the difference in the world that she's always wanted.

Trailblazers

Snowshoeing

Saturday, February 25, leave Augustana's south parking lot at 9 a.m.

Bring your own snowshoes or rent a pair and join us for an invigorating trek through a wintry landscape. We will determine the location based on snow and weather conditions at the time of this outing.

Rating: Easy to moderate

Distance: As far as we can get in 2 hours, round trip

Guide: **Karen Kisch** (303-810-0456 or scottykisch@hotmail.com)

Women, Wine, and Word

This monthly gathering for Augustana women and friends will continue in February. We are exploring the study "Present over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Living."

Please contact **Pastor Ann** for the February date and location (ann@augustanadenver.org). Everyone is welcome!



Thrivent meeting to plan Ash Wednesday pancake supper

At the February 12 meeting of Augustana's Thrivent group, members will plan for the Ash Wednesday Pancake Supper on March 1, which will benefit Metro Caring. A light lunch will be served (\$5) at 11:30 a.m. in Rooms 4 and 5. (Note the change of rooms!) Contact **Katherine Cruson** (303-696-7430) by Friday, February 10 for lunch reservations.

Children's, Youth, and Family Ministry

Frolic Faith resources offered to families with newborns and toddlers!



Frolic Faith Class

Wednesday, February 8,
5:30–6:30 p.m., Nursery

Augustana now offers
Frolic Faith Classes for
newborns and children
up to age 5 and their
families. Developed by

early childhood experts,
this class is part of a suite
of resources designed to
introduce little ones to
faith concepts in age-
appropriate ways. Yes,
even starting at birth!
The hour-long monthly

class will include family
sharing, Bible story-
telling, singing, prayer,
and play — all age-
appropriate for babies
and toddlers and their
families.

Frolic Faith Class takes
place in Augustana's
newly renovated nursery
on the second Wednesday
of each month, 5:30–
6:30 p.m., and is led
by Children's Ministry
Coordinator **Erin Brown**.
Bring the kids and come!

Enewsletter from Frolic Online

Also included in the
suite of resources is a
monthly Enewsletter from

Frolic Online, which
includes articles about
child development and
faith formation to support
parents in helping their
young children take
their first steps of faith.
Content is based on the
age of your child and the
month of the year. You
do not need to attend
the Faith Frolic Class to
receive the newsletter.

For additional
information, or to sign up
to receive the newsletter,
contact **Erin** (303-388-
4678 ext. 122 or brown@augustanadenver.org).

Valentine's Day College Care Boxes



Parents of college parents will meet to pack Valentine's Day college care packages, Sunday, February 5, 9–10:15 a.m., Fellowship Hall. Please bring about 25 of whatever you choose — candy, microwave popcorn, packets of hot chocolate, granola bars, toys and trinkets — whatever you think a male or female college student would enjoy. If you can't attend on February 5, please leave your treats in Augustana's office, clearly labeled for the college students.

To update your child's current mailing address at school, contact Augustana's office (info@augustanadenver.org or 303-388-4678).

Other questions may be directed to coordinators **Joy Hawkins** (Joy.Hawkins@ucdenver.edu or 303-915-7645) or **Jan Brown** (JTBrown0407@gmail.com or 720-563-7589).



Youth group begins in February!

Youth Group for 9th–12th graders will be on Sundays following worship, 11:30 a.m.–1 p.m. Grab some food from Jammin’ Augustana Super Sundays (JASS) and come hang out in the Youth Room. We will be doing a variety of items including making gifts for our graduating seniors!



tacklehunger.org

Souper Bowl of Caring, February 5

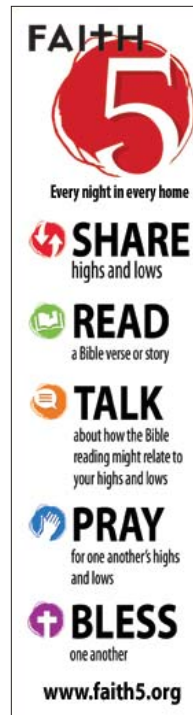
Souper Bowl of Caring is youth across the nation working to fight hunger and

poverty around the Super Bowl football game. Young people take up a collection of money and food for people in need. One hundred percent of their donations goes directly to the hunger-relief charity of their choice.

On Sunday, February 5, you can support the Souper Bowl of Caring efforts of Augustana’s youth two ways:

- **Give a donation for world hunger.** After worship, Augustana’s youth will be at exits with soup pots to collect your donations to ELCA World Hunger. Cash and checks are welcome. Make checks payable to Augustana with ELCA World Hunger in the memo line.
- **Bring non-perishable food items** to help fill the shelves of Metro Caring, an emergency assistance service for those in need in Metro Denver.

Watch Augustana’s publications for details.



Faith 5 during Lent

All are welcome this Lent to join in on intergenerational Faith 5 nights happening Thursdays 5:30–6:30 p.m. in the Anna Paulson Room before Holden Evening Prayer. Children, Youth, and Family Ministry will provide a light supper of soup and bread, and we will spend our time together learning about simple and practical ways in which we can talk about faith at home. Mark your calendars for Thursdays, March 9, 16, 23, 30 and April 6, and watch Augustana’s publications for additional information.

Augustana Early Learning Center

Already planning for next fall

Fall registration for the 2017–18 academic year has begun. There are only a few openings projected to be available, so contact the AELC office soon (303-388-7012 or christie@augustanadenver.org). Summer registration has also begun. You may learn more through Augustana’s website, www.augustanadenver.org; click on “Ministries” and “Learning.”

Teaching hunger awareness

The children of the AELC are also teaming up with Senior Ministry members for hunger awareness through an Empty Bowl project. It should be noted that parents of the children, even though most are not Augustana members, appreciate these programs that teach children to care for others through their actions and their generosity.



FEBRUARY BIRTHDAYS

- | | |
|--|---|
| 1 Craig Tamminga | 12 Geneva Corace
Chris Petty |
| 2 Gideon Earl
Micah Levy
Tanner Levy
Maya Stone
Ogden Willoughby | 13 Sharon Heldt |
| 3 Linda Crow
Randa Degerness | 14 Jayden Barrett
Bernie Smith |
| 4 Patsy Miller
Kira Morgenthaler | 15 James Altum
Marianne Bovee
Jennifer Moore
Lise Uhrich |
| 5 Eddie Kopperud
Julie MacDougall
Jerry Rehkow
Gwen Sterner | 16 Gail Bartels
Kiere Gilbertson
Michael Kouba
Ater Mayek
Bronwen
VanOrdstrand |
| 6 Herman Ezpeleta
Duane Gall
Anijong Mayek
Carla McConnell
Jenna Milliken
Larry Smeester | 17 Luke Hankins
Diane Van Horn |
| 7 Andrew Harwell
Malow Mayek
Gayla McBride
Jessie Rember
Marcel Vierow | 18 Sandy Barker
Becka Black
Alexandrea Cruz
Michael Miller
Betty Richards
Erica Schmitt |
| 8 Jeremy Barrett
Todd Engdahl
Merlin Nimrod
Amy Tamminga | 19 Tiana Beazer
James Mattner
Dorothy Ziebarth |
| 9 Grace Crook | 20 Michael Bonicelli
Anna Rember |
| 10 | 21 David Aarestad
Cole Hankins
Megan Stone |
| 11 Sid Altum
Kathleen Edstrom
Lorna Schillereff | |

- 22** Shaney Abbott
Sheryl Dirks
Harry Esbenshade
Rick Friesen
Oz Spies

- 23** Laura Libby
Dianne Nelson
Erin Saboe

24


- 25** Maia Kauffman
Kay Madsen
Sigurd Nelson
- 26** Joseph Alexis
Donald Orendorff
- 27** Candace Jones
- 28** Marcia Stevens
Donald Thomson



MARCH BIRTHDAYS

- | | |
|--|---|
| 1 Chelsea Brammer
Bev Cohen
Tim Libby
Brenda Olson
Jerry Sanders
Dwight Stenseth | 5 Kathy Kesner
Maggie Morris
Bob Olson
Raeann Seney |
| 2 Alex Pulley | 6 Donna DeBell
Braden Ezpeleta
Duke Winiarski |
| 3 Jamye Gilbertson
Karen Jordahl
Glenna O'Neal
Sharon Schillereff | 7 Heidi Logsdon
Trevor Solheim
Morgan Terwilliger |
| 4 Patricia Aronstein
Paul Edstrom | 8 Ford Finke
Doris Scanlan |

*If your name should have been on this list but wasn't,
please call Augustana's office (303-388-4678).*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Epiphany 5 Souper Bowl of Caring Health Ministry Sunday Worship/Communion 8am 9am College Care Packages 9:15am Learning/Fellowship 10:30am Worship/Communion 11:30am New Members 11:30am Senior High Youth Group Noon Prayer Shawl Ministry See J/ASS below	6 9:45am 10am 7pm Augustana Early Learning Center Board	7 9am Library Committee 5pm Worship Committee 5:30pm Yoga 6pm Children, Youth, Family Ministry Committee	1 9:45am Augustana Firm Believers 6pm Augustana Ringers 6:30pm Theater & Theology: <i>The Book of Will</i> 7:30pm Chancel Choir	2 9:30am Groundhog Day Thursdays Morning Bible Study Phoebe Circle Mindfulness Yoga	3 9:15am Silver Notes Augustana 9:45am Firm Believers	4 10:30am Sheryl Stenseth Retirement Brunch 7:30pm Augustana Arts: Stratus Chamber Orchestra and Katie Mahan, Piano
12 Epiphany 6 Annual Reports due! Worship/Communion 8am 9:15am Learning/Fellowship 10:30am Worship/Communion 11:30am Tender Loving Care 11:30am Thrivent Noon Second Sundays Sack Lunch for Local Action 3:15pm Senior High Youth 7:30pm Augustana Arts: Organ Celebration Concert See J/ASS below	13 9:45am 10am 1pm	14 9:30am Augustana Firm Believers 5:30pm Chapel Prayer 5:30pm Mary Circle 6:30pm	15 7:30am Lutheran Men of Denver 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	16 9:30am 11:30am 5:30pm	17 9:15am Silver Notes Augustana 9:45am Firm Believers	18 8:45am "God's work. Our hands." ANSARA Pantry 9am-9pm Southern Colorado Handbell Festival
19 Epiphany 7 Worship/Communion 8am 9:15am Learning/Fellowship 10:30am Worship/Communion 11:30am Senior High Youth Group 11:30am Health Ministry: Options for Care See J/ASS below	20 9:45am 10am 11:30am	21 5:30pm 6pm 7pm	22 9:45am Augustana Firm Believers 6pm Augustana Ringers 7:30pm Chancel Choir	23 9:30am 5:30pm	24 9:15am Silver Notes Augustana 9:45am Firm Believers 6pm Youth Lock-in	25 9am Trailblazers: Snowshoeing Council Retreat 9am-3pm Choristers Guild Festival
26 Transfiguration of Our Lord Worship/Communion 8am 9am Learning/Fellowship 9:15am Stewardship Committee 10:30am Worship/Communion 11:30am Senior High Youth Group 11:30am Congregation Meeting 7:30pm Concert: Concordia College Choir See J/ASS below	27 8:30am 9:45am 10am	28 1pm 5:30pm 6pm 7pm 7:30pm	1 11am Ash Wednesday Worship/Communion Noon Monthly Luncheon 5:30pm Ash Wednesday Pancake Supper 7pm Worship/Communion	2 9:30am 9:30am 5:30pm	3 9:15am Silver Notes Augustana 9:45am Firm Believers 7:30pm Concert: Drake University Choir	4 7:30pm Concert: Kantorei
			Lunch	1pm	Recorders, Y Hope, SONshine Ringers	
			Cherubs, Choristers, GraceNotes, Guitar Ensemble	1:45pm	BELLievers	



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A background image showing a variety of colorful, heart-shaped candies in shades of red, pink, orange, yellow, green, and purple, scattered on a light surface.

God's conversation hearts

Those familiar conversation hearts that show up every February can be more than just trite romantic or friendly sayings. Use them to remind you — or to teach a child — of the greatest love of all: God's love for us, which empowers our love for others. For example:

- ♥ **TRUE LOVE:** What love is truer than giving up one's only Son so people might have everlasting life? (John 3:16).
- ♥ **MINE:** Jesus knows us intimately, as a shepherd knows his sheep. No one can snatch us from him (John 10:27–29).
- ♥ **FOREVER:** God loves us with an “everlasting love” (Jeremiah 31:3).
- ♥ **LOVE ME:** The greatest commandment is to love God with our whole being (Luke 10:27).
- ♥ **TRUST ME:** “Let not your hearts be troubled.” We can count on Jesus, now and for eternal life (John 14:1–3).
- ♥ **SWEET TALK:** God's words are sweeter than honey (Psalm 119:103).
- ♥ **BE GOOD:** We show our love for Christ by keeping his commands (John 14:15).
- ♥ **CALL ME:** God longs to be in fellowship with us. We can talk to him anytime in prayer (Jeremiah 33:3).
- ♥ **FRIENDS:** The greatest love involves laying down your life for your friends (John 15:13) — precisely what Jesus did.
- ♥ **#1:** “We love because [God] first loved us” (1 John 4:19).